



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09114, Grapefruit, raw, pink and red, Florida**

**Report Date: June 30, 2017 10:20 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:49% Refuse Description: Peel, seeds, core, and membrane**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
<b>Proximates</b>						
Water	g	91.56	16	0.057	210.59	112.62
Energy	kcal	30	--	--	69	37
Energy	kJ	126	--	--	290	155
Protein	g	0.55	16	0.011	1.27	0.68
Total lipid (fat)	g	0.10	--	--	0.23	0.12
Ash	g	0.29	16	0.005	0.67	0.36
Carbohydrate, by difference	g	7.50	--	--	17.25	9.22
Fiber, total dietary	g	1.1	--	--	2.5	1.4
<b>Minerals</b>						
Calcium, Ca	mg	15	--	--	34	18
Iron, Fe	mg	0.12	3	0.009	0.28	0.15
Magnesium, Mg	mg	8	16	0.625	18	10
Phosphorus, P	mg	9	16	0.725	21	11
Potassium, K	mg	127	8	4.243	292	156
Sodium, Na	mg	0	8	0.052	0	0
Zinc, Zn	mg	0.07	--	--	0.16	0.09
Copper, Cu	mg	0.044	16	0.003	0.101	0.054
Manganese, Mn	mg	0.010	16	0.001	0.023	0.012
Selenium, Se	µg	1.4	5	0.315	3.2	1.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	37.0	--	--	85.1	45.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
Thiamin	mg	0.040	--	--	0.092	0.049
Riboflavin	mg	0.020	--	--	0.046	0.025
Niacin	mg	0.200	--	--	0.460	0.246
Pantothenic acid	mg	0.283	--	--	0.651	0.348
Vitamin B-6	mg	0.042	--	--	0.097	0.052
Folate, total	µg	9	--	--	21	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	21	11
Folate, DFE	µg	9	--	--	21	11
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	13	6	3.913	30	16
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	259	6	78.263	596	319
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.014	--	--	0.032	0.017
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.012	--	--	0.028	0.015
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.030	0.016
16:1 undifferentiated	g	0.001	--	--	0.002	0.001
18:1 undifferentiated	g	0.012	--	--	0.028	0.015
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055	0.030
18:2 undifferentiated	g	0.019	--	--	0.044	0.023
18:3 undifferentiated	g	0.005	--	--	0.012	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan <sup>1 2</sup>	g	0.006	--	--	0.014	0.007
Threonine <sup>1 2</sup>	g	0.009	--	--	0.021	0.011
Isoleucine <sup>1 2</sup>	g	0.006	--	--	0.014	0.007
Leucine <sup>1 2</sup>	g	0.010	--	--	0.023	0.012
Lysine <sup>1 2</sup>	g	0.014	--	--	0.032	0.017
Methionine <sup>1 2</sup>	g	0.005	--	--	0.012	0.006
Cystine <sup>1 2</sup>	g	0.006	--	--	0.014	0.007
Phenylalanine <sup>2</sup>	g	0.033	--	--	0.076	0.041
Tyrosine <sup>1 2</sup>	g	0.006	--	--	0.014	0.007
Valine <sup>1 2</sup>	g	0.011	--	--	0.025	0.014
Arginine <sup>1 2</sup>	g	0.062	--	--	0.143	0.076
Histidine <sup>1 2</sup>	g	0.006	--	--	0.014	0.007
Alanine <sup>1 2</sup>	g	0.017	--	--	0.039	0.021
Aspartic acid <sup>1 2</sup>	g	0.098	--	--	0.225	0.121
Glutamic acid <sup>1 2</sup>	g	0.141	--	--	0.324	0.173
Glycine <sup>1 2</sup>	g	0.011	--	--	0.025	0.014
Proline <sup>1 2</sup>	g	0.045	--	--	0.103	0.055
Serine <sup>1 2</sup>	g	0.020	--	--	0.046	0.025
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD